



# Sparkling Wonders



DEPARTMENT OF  
VETERANS AFFAIR

Sparkling Wonders  
September 1, 2006

**Welcome** to the new Ralph H. Johnson VA Medical Center Voluntary Service newsletter. Our newsletter is entitled "Sparkling Wonders" because each and every day our volunteers do what most feel is unattainable. We hope our newsletter will keep you better informed of the activities and current information concerning Voluntary Service and the Ralph H. Johnson VA Medical Center. Our newsletter will be published quarterly and for those of you with e-mail, I will forward a copy to you if you would like. If you have any questions or information you would like addressed in this newsletter please contact: Carolyn Martel at (843) 789-7488.



## Our Mission—

To provide a structured Volunteer Program under the management of the Department of Veterans Affairs (VA)-compensated employees in cooperation with community resources to serve America's veterans and their family with dignity and compassion.

## DID YOU KNOW...

### Volunteer Contribution

#### Did you know how valuable VAVS is nationally?

VISN Liaisons asked for figures from each Chief of Voluntary Service recently, so that they could figure the total cost of Voluntary Service.

I want to share their findings with you to tell you the impact VAVS has on VA's mission.

### Donations

**\$50,447,280** (monetary and non-monetary)

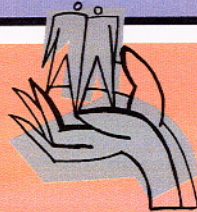
**\$5,265,805** (based on volunteer hour value in 2005 \$18.04)

**Total Volunteer Contribution \$335,713,085**

**VA Staff Costs \$45,505,795**

Simply put, it costs VA \$45.5 million dollars to bring in \$335.7 million in resources, not a bad return on the dollar expended.

Thank you for the job you do, it has not gone unnoticed.



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## Upcoming Events

**August 30**—Mandatory Volunteer meeting at the Ralph H. Johnson VA Medical Center in the Main Auditorium at 10:00 am

**September 30**—Privacy and Cyber Training

**November 5**—Veterans Day Parade



## Ralph H. Johnson VAMC Stats:

From March 1—May 31, 2006

**Total # of Volunteers:** 658

**New Volunteers:** 76

**Hours served:** 12,116

**Donations:** \$10,243.28

### **DAV program**

Hours—2,292

Miles—38,688

Veterans served— 761

*As a caring Volunteer  
You always do your part  
To share your time  
With a generous heart.  
Because you  
Make a difference  
In so many valuable ways,  
We're grateful  
We can count on you  
To brighten  
Everyone's days.*



## PLEDGE OF ALLEGIANCE

(As originally recited on the Red Skelton TV Show)

"I have been listening to you boys and girls recite the Pledge of Allegiance all semester and it seems as though it is becoming monotonous to you. If I may, may I recite it and try to explain to you the meaning of each word?"

**I** — me, an individual, a committee of one.

**Pledge** — dedicate all my worldly goods to give without self pity.

**Allegiance** — my love and devotion.

**To the flag** — our standard, Old Glory, a symbol of freedom wherever she waves, there's respect because your loyalty has given her a dignity that shouts freedom is everybody's job!

**United** — that means that we have all come together.

**States** — individual communities that have united into 48 great states. Forty-eight individual communities with pride and dignity and purpose, all divided with imaginary boundaries, yet united to a common purpose, and that's love for country.

**And to which it stands, one nation** — one nation, meaning "So blessed by God".

**Indivisible** — incapable of being divided.

**With liberty** — which is freedom, the right of power to live one's own life without threats, fear or some retaliation.

**And justice** — the principle or quality of dealing fairly with others.

**For all** — which means, boys and girls, it's as much your country as it is mine.

Since I was a small boy, two states have been added to our country and two words have been added to the Pledge of Allegiance... **UNDER GOD.**

Wouldn't it be a pity if someone said that is a prayer and that would be eliminated from our schools too?

**GOD BLESS AMERICA!**

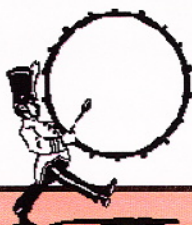




## ATTENTION EVERYONE

### Privacy and Cyber Security

It is the policy of the Department of Veterans Affairs and this medical center that **ALL** volunteers receive documented training on Privacy and Cyber training by September 30 and annually. As a volunteer you need to know that all patient information and related health information is kept strictly confidential. The legislation that is known as HIPPA is designed to safeguard confidential health information. After September 30 you will need to have completed this training before you can continue to volunteer. After that date **you will unable to volunteer at the medical center until this is done.** There are two options to complete this training. The first option is to log on to the following web site <https://www.ees-learning.net/librix/loginhtml.asp?v=librix>. Before you can log in, you must click on the VA Enrollment and create a username and password. (If you've already enrolled and know your username and password, use them). VA enrollment is located at "First Time Users" block. Follow instructions and you will be directed back to this page to begin log in and take courses. Turn OFF "Pop-Up" blocker. VA SITE = 534 VAMC Charleston SC (Choosing the wrong site will not allow the VA facility to verify your name on the report.) Course time varies based on individual reading levels. First time users are the only individuals required to print the certificates and turn in with computer request applications in order to receive access for VA computer systems. Complete the *Cyber Security* course which contains a test at the end and *Privacy Training* which has no test. Both must be completed in entirety to receive/maintain computer access at the VA Hospital. A second option is that you can come to the mandatory volunteer meeting on August 30 and complete the training at that time.



## VETERANS DAY PARADE

Veteran's Day is November 10 and in honor of this occasion, We will hold our annual Veteran's Day Parade and other special events on Sunday, November 5. We need your support and ask you to become involved with the planning of this very special event. Come to the next meeting which will be held on August 18 and help prepare to honor our American Heroes. Thank You for supporting our Veterans. For more information, please contact Carolyn Martel, Chief of Voluntary Service.

### Why Computers Sometimes Crash! by Dr. Seuss.

(Read this to yourself  
aloud - it's great!)

If your cursor finds a  
menu item followed by  
a dash, and the double-  
clicking icon puts your  
window in the trash,  
and your data is cor-  
rupted cause the index  
doesn't hash, then your  
situation's hopeless  
and your system's  
gonna  
crash!



If the label  
on the cable  
on the table at your  
house, says the net-  
work is connected to  
the button on your  
mouse, but your pack-  
ets want to tunnel to  
another protocol,  
that's repeatedly re-  
jected by the printer  
down the hall.



## The Day Hospital Needs Your Support



By Holly Powers

The Day Program began in the Spring of 1996. The program is designed for patients with long standing mental health, substance abuse and general psychosocial deficits who need to be taught skills that enhance and maintain community readjustment. The main goal of the program is to help keep patients out of the hospital by teaching them skills that they can use to prevent relapse. The Day Program is designed to deliver structured and supportive care in the least restrictive environment possible. The Day Program serves approximately 50 patients. The majority of the patients who attend the program live in residential care facilities within the community. Most have little or no money to spend on themselves. A simple treat like going to McDonald's or an outing to the park is a big treat for them. The program runs Monday thru Friday from 9:00 am-2:30 pm. Below you will find a list of supplies needed for this program. We would love to have some of the Veterans Organizations get involved by donating supplies or visiting patients in the Day Program.

### Ways you can support the Day Hospital:

- Holiday parties
- Ice cream socials
- Cookouts at a local park/post
- Bowling outings
- Fishing trips
- Lunch
- Coffee and donuts in the morning



### -List of needed supplies:

- Paper supplies (plates, bowls, napkins, cups, plastic silverware)
- Board games
- Crossword/ word search books
- Handheld games
- Playing cards
- Magazine subscriptions
- Daily newspaper subscription
- Gardening supplies (flower pots, dirt, flowers, tools etc.)
- Fishing supplies (poles, tackle, bait etc.)
- Pool sticks/ pool balls

We have a nice pool table, but it gets a lot of use and it needs to be recovered and have new bumpers installed. We are always looking for donations of event /show/game tickets.

### A few ideas:

- Patriots Point
- Columbia Zoo
- Museums
- Aquarium
- Hunley
- Bowling
- Movies

For information please contact

**Holly Powers (843) 789-6314**

**Joe Giacinto (843) 789-6187**

**Bernetta Backman (843) 789-7427**

## Volunteer Opportunities

Here are some volunteer opportunities, We need your help!

- **DAV Van Transportation**—Drivers are needed for Savannah, Myrtle Beach and Beaufort to transport patients from those areas to the Charleston VA for appointments.
- **Information Desk**—Help veterans find their way, answer questions, locate inpatients, and greet guests.
- **Library**—Take the library cart to all inpatient rooms and replenish magazines in all waiting areas.
- **Golf Cart Driver**—Drive the golf cart around the medical center parking lot picking patients up that have difficulty walking.
- **Reminder Calls**—You will get a list of patients to call to remind them of their upcoming appointment.



## New Services Provided



### Sleep studies in Columbia

The waiting time for patients to receive an appointment for our Sleep Lab Clinic was starting to get back logged and we needed to do something about this. Working with the Columbia VA, we arranged to have some of these tests done there in order to provide the quality of care and service to veterans that they deserve. The problem was "How do we get the patients who need transportation to the Columbia VA?"

**The answer to that question is "Volunteers".**

Sandra Wenrich, a Charleston VA Volunteer took the first group of patients on June 10 as a pilot test to work out any unforeseen problems. With her help we now have a process in place to provide top quality service to our veterans. Sandra really enjoyed doing this and will continue with further trips. The process for Sleep Study Transportation is:

- The driver leaves the Charleston VA at 5:00 pm, and stays in Columbia overnight while the sleep studies are being done.
- The driver returns the patients the next day at 1:00pm back to the Charleston VAMC.
- The driver is provided with hotel accommodations and meals.

In July and August patients are being transported to the Columbia VA every Thursday to complete these tests. After August we hope to only need to make only one trip per month. For more information or if you are interested in providing support for this program, please contact Carolyn Martel at (843) 789-7488 or Harriett Hudson at (843) 789-7307.



### Veterans History Project

The Ralph H. Johnson VA Medical center, Voluntary Service has recently joined the Library of Congress as an Official Veterans History Project (VHP) Collecting Partner. The VHP collects and archives the personal recollections of U.S. wartime veterans—and home front civilians who supported our Armed Forces—to honor their service and share their stories with current and future generations.

Voluntary Service would be honored to record your military history and send your story to the Library of Congress in order to preserve this most precious history for future generations. We will also give you a copy for your family. The American Folklife Center at the Library of Congress was created in 1976 to document, preserve, and present all aspects of traditional culture and life in America. With more than two million items, it maintains the largest repository of traditional cultural documentation in the United States. The National Veterans History Collection preserved as the American Folklife Center will richly complement the library's existing holdings on this subject of enduring importance.

The Library of Congress is the world's library and the national library to the United States. The library was founded in 1800, making it the oldest federal cultural institution in the nation. The mission of the Library of Congress is to make its vast holdings available and useful to the Congress and the American people and to sustain and preserve a universal collection of knowledge and human creativity for future generations. For more information please contact Carolyn Martel at (843) 789-7488.



## Meet Harry Masters — A Sparkling Wonder



By Jim Strickland

As volunteers go, Harry Masters doesn't see anything extraordinary about himself or his efforts. When asked why he volunteers, Harry is thoughtful when he replies, "I'm getting great health care from the VA and wanted to give something back. I guess I'm like the others I work with, I want to try to help Veterans however I can."

Always ready with a friendly smile, Harry started working at the Savannah Primary Care Clinic early in 2006. His first assignment had him calling patients a day or two ahead of their appointments to help reduce the rate of "no-shows". It wasn't long before Harry was interviewed for the Veterans History Project (VHP) and told his wartime history so that it could be archived at The Library of Congress. The process interested him and he was soon learning the process of the interview, the paperwork and the operations of the camera so he could record the histories of other veterans.

Harry now covers the Savannah area for the Ralph H Johnson VAMC and the VHP and has developed a knack for interviewing veterans in their homes for the convenience of the veteran and their families.

"There are millions of American combat Veterans alive today" Harry tells us, "We lose 1,700 of them every day and we need

*A generous heart, kind speech, and a life of service and compassion are the things which renew humanity*

**BUDDA (563-483 B.C.)**

*Indian Mystic and Founder of Buddhism*

to capture their stories before they're gone forever." Harry's enthusiasm has taken him into local schools to talk to students about VHP and he's been a speaker at volunteer meetings, his church... anywhere he can promote the project.

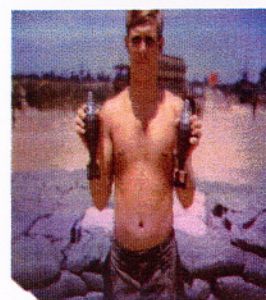
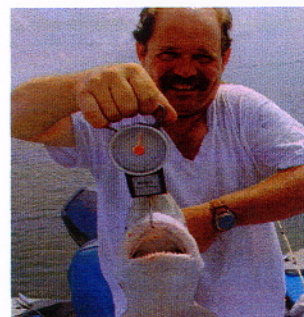
Harry is a combat Veteran; he served in the Marine Corps in Vietnam in 1969 & 1970. He's quiet when he tells you that although his job was to disarm mines, booby traps and any other sort of explosive ordinance, he never got a scratch.

He was exposed to agent orange and about 5 years ago he was diagnosed with non-Hodgkin's Lymphoma. He's been through a number of chemotherapy treatments in Savannah, and VAMC Charleston. He even received a protocol study drug therapy at MUSC earlier this year. The cancer gets pushed back after treatments, but it always returns.

Harry's doctors at the VA & MUSC are now investigating a bone marrow transplant as the likely next step in his treatments. He may spend as long as 3 months away from home while undergoing this treatment. After he expressed concern about missing his wife

and family, his next big concern was how many veterans he would miss having the opportunity to meet and interview for the VHP.

Harry says he likes the quote he saw about volunteering at a recent meeting of his fellow volunteers, "To serve, not to be served." He said that summed up what he wanted to do, to help those veterans who have a bigger need than he. Harry is extraordinary.





## Welcome to Volunteer Service



ADAM, KEN  
AUSTIN, DENISE  
BARNHARDT, KENNY  
BATTISTONI, SHARON M.  
BRACKENS, CLARENCE  
BRISCOE, JAMES  
BROWN, DEMAL  
BUCCI, GLENN  
BUCHANAN, BRUCE  
CHOQUETTE, THERESE  
COLLINS, CONNIE  
CONNELLY, TRACY  
CRABTREE, RICHARD  
DAVIS, SHAMEL  
DESMARTEAU, CHRISTOPHER  
DUPONT, CALVIN  
ENDERIZ, GIANNA CLAIRE  
FEAGIN, JACOB  
FOX, JON  
FREEMAN, CHARLES  
GARDNER, MADELINE  
GARDNER, TERESA  
GORDON, CHARLES  
GRANT, RICHARD  
GREENE, MICHAEL  
GUIDO, ANTHONY  
HAWLEY, HENRY  
HEILMANN, VIRGINIA  
HOWARD, LEROY  
JACKSON, HARRIEL  
JOHN, WATERS  
LACOUNT, JACOB  
LAMBERT, FREDDIE  
LAWTON, MARGARET  
LITTLEJOHN, COLEEN  
LOCKLAIR, BECHWITH  
LUDWICK, DAN  
LUMPKIN, ALANNA

MARTIN, ANNA  
MARTIN, JACKIE  
MIDDLETON, CARLA  
MILLER, JIM  
MUCHUELAS, NICO  
PALMINTERI, SUSAN  
PERRY, SLOAN  
PHILLIPS, MARY  
POLLACK, GERALD  
PRYOR, CHARLES  
QUINN, JOHN  
QUINN, LINDA  
RICHARDSON, BARBARA GAIL  
RICHARDSON, ROGER  
ROSA, JOHN  
SAPP, ELIZABETH  
SCOTT, ASHLEY  
SHANKS, MARCY  
SIMMONS, IRVIN  
SIROIS, SHAINA  
SNOVOTNY, GERALD  
SPANN, SAMUEL  
STEEBWTK, SCOTT  
STEPHENS, JOHNNIE  
TIDWELL, CHARLES  
TOBEY, NATHAN  
TURNER, CHARLES  
TURNER, SANDRA  
VAIL, AMANDA  
VAIL, ASHLEY  
VALIN, JOHN  
VANNATTA, RUBY  
VANSLATE, JEAN  
WALTER, JOANN  
WELCH, SARAH ELISABETH  
WENRICH, SANDRA  
WILLIAMSON, AARON  
WRIGHT, SAMMYE



## A Farewell to our Summer Youth Students

As we come to the end of Summer vacation, I would like to say thank you to a special group of students who chose to dedicate this time to doing something meaningful and educational.

### - The Summer Youth Students -

This year we had a total of 32 students who worked a total of 2,105 hours. YEAH!

Their support was truly appreciated by all and we hope they learned some new skills while they were here.

Have a great school year and see you next summer!

For more information on our summer youth program, please contact the volunteer office at 789-7230.

## Thoughts To Ponder

The purpose of life is not to be happy-but to matter, to be productive, to be useful, to have it make some difference that you have lived at all.

**Leo Rosten**



The imperative is to find what is right and to do it.

**Barbara Jordan**

Kindness is always fashionable.

**Amelia E. Barr**





CAN YOU  
FIND THE  
FOLLOWING  
WORDS?

ANGELS	CARB
CARING	CHARITY
CYBER	DAY HOSPITAL
DOG	GO
GOLF-CART	HEART
HIPPA	LIBRARY
LIFE	LOVE
MASTERS	OPPORTUNITY
PARADE	PAW
PLEDGE	QUE
RECRUIT	SEE
SERVE	SOLE
SPARKLING WONDERS	VA
VALOR	VAN DRIVER
VALUABLE	

## Fun and Games !



## Recipes

### Chicken and Broccoli Braid

2 cups cooked chicken, chopped  
 1 cup broccoli, chopped  
 1/2 cup red bell pepper, chopped  
 1 garlic clove, pressed  
 4 ounces (1 cup) Sharp cheddar cheese, (shredded)  
 1/2 cup mayonnaise  
 2 teaspoons ALL-purpose Dill Mix  
 1/4 teaspoon salt  
 2 packages (8 ounces each) refrigerated crescent rolls  
 1 egg white, lightly beaten  
 2 tablespoons slivered almonds

Preheat oven to 375. Chop chicken and broccoli using Food Chopper, place in large bowl. Chop bell pepper, press garlic add cheese and gently mix. Next add mayonnaise, dill mix, and salt. Mix well. Unroll 1 package of crescent, do not separate. Arrange longest sides of dough across width of 12X15 rectangle baking stone. Repeat with remaining package of dough. Using a dough roller, to seal perforations. On the longest sides of the baking stone, cut dough into strips 1 1/2 inches apart, 3 inches deep using a pizza cutter (there will be 6 inches in the center for filling). Spread the filling evenly over middle of dough. To braid, lift strips of dough across mixture to meet in center, twisting each strip one turn. Continue alternating strip to form a braid. Tuck ends under to seal at the end of braid, Brush egg white over dough using pastry brush. Sprinkle with almonds. Bake 25-28 minutes or until deep golden brown. Cut into sandwich size servings.  
 Yield: 10 servings - Approximately 410 calories and 27 grams of fat per serving.